

## ABSTRACT

(-)-Hydroxycitrate has a multitude of metabolic functions. The literature teaches that the compound induces weight loss and decreases appetite in both animals and humans. When manipulated by normal methods, it is poorly delivered to the gastrointestinal tract because of its sensitivity to acids, digestive compounds and dietary ingredients. The present invention resolves problems with regard to the use of the potassium, sodium and other salts, esters and amides of (-)-hydroxycitric acid. A principle is provided by which these items, when ingested orally, are delivered protected against acid degradation, lactonization and undesirable ligand binding such as take place when (-)-hydroxycitric acid, its salts and derivatives are exposed to acidic environments or other challenging conditions. In particular, (-)-hydroxycitric acid and the salts, esters and amides of (-)-hydroxycitric acid according to the invention are delivered via enteric vehicles, such as enteric coated tablets, and also enteric and enteric coated capsules and soft gelatin capsules (softgels). Coatings may be applied externally or, in the case of capsules and soft gelatin capsules, may be incorporated into the gelatin shell. The invention describes these enteric compositions.